

Meet Your Onsite Wellness Coach!

Stop by and say “Hello” to Coach Lou. Pick up information to help you learn how to manage and create lasting success with healthy lifestyle behavior changes!

- Check in on your health goals
- Get answers to questions you may have about beginning a coaching partnership
- Tips to stay healthy this flu and cold season



Capitol Square Healthcare Flu Shot Event
Conference Rooms D & E James Monroe Building
Tuesday October 22: 10:00am – 2:00pm

Onsite Wellness Coaching is available at no cost to COVA employees enrolled in COVA Care, COVA HDHP OR COVA HealthAware. Call Coach Lou to schedule your appointment and get started on your journey to better health!



Presented by: Lou Winterling, MS, NBC-HWC, CPT
Phone: (844) 342-1791 x 8578
Email: Louann.winterling@anthem.com
Offices located at Capitol Square HealthCare